Standardized Recipe Form

Recipe Name   Marinara Meat Sauce   Category   Sauce   Recipe #_____

<center>(i.e., entrée, breads)</center>

Process: 2   (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include *step- by- step instructions*, the *critical control points (CCP)* (specific points at which a hazard can be reduced, eliminated or prevented) and *critical limit* (time and/or temperature that must be achieved to control a hazard).
	50	100	
Ground Beef (Local)	8 ½ lbs (raw)	17 lbs raw	1. Brown ground beef. Drain excess fat.
Onions, raw, chopped	1 ½ cups	3 cups	2. Add onions and fresh chopped garlic. Cook until vegetables are translucent, stirring occasionally.
Garlic, raw, minced	2 clove	4 clove	3. Add tomato sauce and paste. Puree sweet potatoes (can substitute cooked squash cubes) in a food processor until smooth. Add sweet potato puree to sauce. Measure dry spices and herbs in a separate bowl and combine well. Stir spice blend into sauce thoroughly and bring to a simmer. Add water. Sauce should be fairly thick. (May add more water if a thinner sauce is desired.)
Tomato sauce*	¾ #10 can	1 ½ #10 can	
Sweet potato, canned, mashed*	½ #10 can	1 #10 can	
Tomato paste, no salt*	1 qt	2 qts	
Water	1 qt	2 qts	
Salt	½ Tbsp	1 Tbsp	
Parsley flakes, dried	2 Tbsp	¼ cup	
Basil, fresh	¼ cup (chopped)	½ cup	◊ Substitute yellow or orange winter squash puree, EG: Butternut or acorn, for sweet potatoes.
Oregano leaves, dried, ground	2 Tbsp (leaves)	¼ cup	
Marjoram, dried	1 Tbsp	2 Tbsp	
Thyme leaf, dried	½ Tbsp (leaves)	1 Tbsp	
White pepper, ground	1 tsp (ground)	2 tsp	CCP: Heat sauce until 165°F for 15 seconds.
◊We use Montana beef and Montana winter squash. Also, serve in lasagna, with commodity whole wheat spaghetti or use as pizza sauce without meat. Use with reduced fat commodity cheese and with whole wheat crust.			CCP: Hold sauce at 135°F.

Serving Size ½ cup_____   Pan Size_____

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

Yield_____   Number of Pans _____

Meal Pattern (Based on Serving Size): _____

2.5 oz	Meat/Meat Alternative
1.5	Fruit/Vegetable
	Grains/Breads

If available, **Nutrition Analysis:**   **Serving Size**: 1/2 cup_____

177 Calories	2 Saturated Fat (g)	12.6 Vitamin C (mg)
17 Protein (g)	619 Sodium (mg)	3200 Vitamin A (IU)
6 Total Fat (g)	2.30 Fiber (g)	38 Calcium (mg)
39.6 % Calories from Total Fat		3.53 Iron (mg)

This recipe is from Robin Vogler, Lakeside and Somers Schools, Somers, Montana.